



GAME TIME BASKETBALL CAMPS

CAMP OVERVIEW AND BREAKDOWN

FROM COACH GIL LLEWELYN AND OUR TOP STAFF

Welcome to our Game Time Basketball Camps training experience! And thank you!

It is clear that you have chosen to bring your basketball skills, knowledge, conditioning, and overall appreciation of the exciting game of basketball, and your own personal development to a whole new level!

With a combined, and ever growing, several hundred years of experience playing the game and teaching the game at a high level, and the life lessons to be taught and learned in the bigger experience of life, the Game Time Basketball Camps family of engaging, enthusiastic, knowledgeable and experienced coaches, is looking forward to helping you reach the next level for you – whatever that is, and wherever that is.

Our camps are a process – an **interactive** process – dedicated to EMPOWERING and INSPIRING you. As such, our coaches share the common goal of improving each and every player *at their* level, right NOW.

We incorporate appropriately-tailored High-Intensity Basketball-Training (HIBT), and other “more complete player” and “more complete person” style training approaches, as an integral part of this process.

What follows is a fairly-detailed rundown of what to expect, in our full-fledged camps, or somewhat of a taste of what to expect in our other training programs: (more specific breakdowns also exist for other programs such as our Lil’ Ballers and toddlers, Elite Guard Attack, Protect, Create and Finish Camps, and Post Player Move, Counter-Move and Finish camps as well as our adult, pro elite, and other specialty programs.)



1. **Ball Handling, body balance and rhythm.** We usually begin with a warm up each day with basic basketball specific movements as part of our warm-ups followed by fundamental ball-handling drills consisting of our basic “bedrock” ball-handling drills, our renowned ball-handling and dribbling series, and our other proven drills to improve muscle memory, manual dexterity, body balance, rhythm, decision-making and explosiveness with the ball. Very similar to what you would the stars of the past and current NBA stars such as Stephen Curry, James Harden, or a Russell Westbrook run through.

While we understand that these drills are hard work, and are not necessarily fun, they do produce incredible results and are mandatory to becoming a great ball handler. As always, there is no substitute

for repetition of correct technique with the right mental approach through some old-fashioned hard work.

Some of our newer and less advanced campers will spend more time getting in valuable repetitions throughout the day.



2. **Moves off the dribble; on the run, and without the ball.** As a natural progression from the very important stationary drills/confined spaces drills, we must expand into moves off the dribble, on the run, and without the ball.

We have a large variety of ways that we teach these moves. As always, we will focus on a progressive understanding of the fundamentals. From there, it will depend on the camper's current skill level. Several times throughout the day, when you come in the gym, you may see several different stations that the kids will be working at. These stations will have different moves and techniques being used to accommodate and challenge the camper's skill level depending on the individual camper's needs.

For some, as their quest for knowledge and ability to handle such challenges grows, we will expand into a series of NBA and WNBA player's *signature* moves – from vintage players to current NBA, WNBA, Streetball Legends and International stars.



3. **Education for a better game NOW.** We will spend time each day talking about the game of basketball, while learning new skills and drills, during breaks, and scheduled speaking periods.

We know that Basketball and Life are intricately connected, and since you are reading this, you know that to be the case, at some level, that Life and Basketball can build on each other – we can help to put things into perspective, so there is a forward motion as a player and person no matter what age or level of ability.

No matter what your next level is, we would very much like for you to gain an immediate and hopefully lifelong greater appreciation for the game of basketball, and how it can bring more value and joy to your life, in ways you may not yet be aware of.

As we further break the game down, we will cover *court awareness* and *angles*. *How to attack* these angles. *What moves* to use and *where to use them* and *how to use them* in relation to *where your defender is*. *How to check your defender* and *learn their tendencies*. *How to read the help defense*.

We will talk about and demonstrate ATTACKING, PROTECTING, while CREATING with the basketball, for yourself and your teammates. Probably the most important part of learning to be, and being capable of being more unselfish, with the ball – developing a better FACILITY and COMFORT with the ball, while being carefully aggressive.

We enjoy this and in most cases, our younger campers have never been enlightened with this information before. We then will demonstrate with our coaches. (This is always a favorite for the campers.) Our staff members have achieved some of the highest levels of the game and are very fun to

watch play. We break the game down for the campers while they are playing in a half court set., and sometimes in full court settings.

We also incorporate “stop-action” style supervised scrimmages/informal games, where we play and teach at the same time in some games. This is a very highly effective way of teaching and learning.

With a game scenario or situation fresh in mind, with a particular habit or way of reacting readily visible, we can pick up, and correct, things that need fixing, and acknowledge and praise things that are being done well.

We talk about *how the ball defender is protecting the ball and court angles* while the other defenders will be protecting passing lanes according to various defensive schemes one can employ– you get the idea.

We will talk about *individual defense, help side defense, ball side defense, standard rotations and advanced rotations*. We will talk about the importance of communication, anticipation, exceptional effort, maintaining a positive attitude, and teamwork. While understanding all this makes you a good defender, it is this knowledge that can also help make you a great offensive player.

It has been our experience that, from the high school level down that a very small percentage of the players have been taught or understand all of this. Even more than a few higher levels have trouble with these concepts. Having this kind of working knowledge will put you far ahead of the average player – and get you ready for “game time!”



4. **Shooting.** We will use and cover a number of different areas of the offensive side of the game. Each day, one of these areas will be shooting.

We will review as appropriate to the level of player, the fundamentals of proper shooting form, and mindset, and we will break this down to the more advanced aspects of shooting footwork, quick release shooting, jump shooting, and more.

We will also cover the importance of having *confidence, getting open, and wanting the ball*. We will also teach basic techniques and advanced aspects of layups and *finishing*, bank shot shooting, shooting off the catch, off the dribble, close range, the often-overlooked mid-range, and long-range shooting, and so forth.

For our more advanced players, *floaters, runners, step-backs, up-and-unders, dribble drops*, the “*eurostep*”, “*shamgod*” and other advanced shots and moves will be worked on, as well as shooting while tired and under pressure.

For those of you who are new, you will probably get an introduction to our “swat” team. If you do not properly shoot over, or up-and-under, or around, or use bad foot work or take too long to get your shot off, they will swat the ball into the “cheap” seats.

Perimeter players will focus on coming into their shot from all directions and going up with the shot in balance, absorbing contact, and with a quick release, where appropriate.

Post players will also work on post moves and counter-moves.

When the camper feels they are ready, we can rotate them into the "swat" team station where they can test themselves against our pros, they may even get the chance to engage in a "King of the Hill" 1 on 1 game against the top coaches, or various others kinds of game settings. Good Luck.



5. **Education for a better life NOW.** Throughout all of our camps, we are continually giving positive life skill messages to our students, in easy to digest "nuggets" of information– and for that matter, *anyone* we interact or come in contact with – parents, grandparents, observing coaches, facility and program directors, and more, that work to EMPOWER and INSPIRE in some way.

The top themes are respect and compassion for others – and by learning to love and appreciate yourself even more, this becomes easier and more natural.

Focus on enhancing your own value, and ability to serve others on and off the court through basketball-specific skill, and personal life skill development.

Be compassionate and helpful to others.

Learn the value of the lost art of simply listening.

Learn to breathe.

Learn a little bit about patience.

Take a genuine interest in how others are doing, too.

Specialize in building people UP, not just breaking them down.

Learn that HARD WORK with passion, and a higher vision that serves more than just you, is a must to succeed at the game of basketball and life.

Learn that being SMART and efficient are also very important – depending on your purpose and level of dedication to learning the game.

Respect and hard work will be followed at Game Time Basketball Camps, with a healthy appreciation and knack for making the experience fun, even though challenging. . The Game Time Basketball Camps' staff family is incredibly blessed to have some of the staff we have.

The kids will listen to them because they effortlessly command respect and have also earned the kids' respect by achieving some of the highest levels of success in the game and, more importantly, their lives, despite the many unique challenges and adversity our coaches have faced.

None of us are perfect, we have made mistakes, and we keep learning and carrying on and growing.

As the Japanese proverb says: "Fall seven times, stand up eight.", and we'll help you get a better understanding of the word PERSISTENCE, which is probably the greatest skill to develop.



6. Games/Fun. Simply put: we believe that we need to let the game teach itself.

We will definitely be playing the game for sure!

As we briefly cover above, we know that drills are meant to teach skills. And you put these skills to the test in supervised scrimmages, and ultimately in official games.

Scrimmages provide a more pressure-free way of taking chances, making mistakes and learning from them.

Our coaches can also be more hands on during these scrimmages, and *that* is where incredible learning opportunities continue to take place.

So, we love to see our drills result in their game time application, and overall greater fluidity with the ball, and without the ball-on offense, defense, and in transition. So, we may have them work at 1-on-1, 2-on-2, 3-on-3, 4-on-4, and 5-on-5 stations and informal scrimmages, whenever possible.

The staff will be right there with them to help them learn *what* to do and *how* to do it, *when* to do it, and *why* they should do it, with the freedom to make mistakes and learn from them.

This is accomplished by giving them a delicate balance of letting them just love the game and play and instruction and is usually handled by saying "great job" when they've shown improvement and "want to try something new", as they begin to take on new challenges, or "I think you are ready or you have great skills", or "Try this; you are good enough to handle it.", "that was a very nice pass, let me give you another idea I had that would also help", and so on. Empower, teach, inspire. Repeat.

The kids love this and it is a great time for them to work on their moves, get out of their comfort zone, and start to apply some of their newly-gained knowledge and skill.

And there will also be times for supervised "free play" sessions, too.

Our traditional way to wrap up the camp day is with instruction and execution of the "UCLA drill", developed by legendary Coach John Wooden. This is the campers' favorite and in so many ways is one of the best drills/games ever introduced to the world's greatest game - appropriately, by one of the greatest coaches to ever coach the game or any game.

We are looking forward to working with you and getting you ready for Game Time and a lifetime appreciation for the great game of basketball and how it can serve you and help you serve others, too!

With love and Gratitude.

Coach Gil Llewellyn,

A handwritten signature in cursive script that reads "Gil Llewellyn".

**Owner and Founder Game Time Basketball Camps &
The Game Time Basketball Camps' family of coaches**

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